

e-News **July 2010**

diabetes.doh.wa.gov

What's New!

A note from the 2010 Leadership Team Chair

As summer starts to sizzle the work of the Washington State Diabetes Network leadership team continues:

- The "diabetes report cards" are ready! The report cards provide chronic disease profiles for each county in the state. These are a useful resource in planning community efforts around diabetes prevention and management.
- The communications committee has collected your input on the Diabetes Connection website. Thank you for sharing your thoughts. The committee is reviewing the data and looking at how to best incorporate your recommendations. So be sure to bookmark the Diabetes Connection and watch for more information.
- The diabetes leadership team is looking for new members to join the team. The leadership team is a group committed to improving the lives of people with diabetes in Washington State. The work includes quarterly team meetings and participation in committees to achieve the mission of the Washington State Diabetes Network. If you are interested, please contact sbroughton@wsu.edu.

Thank you! Shirley Broughton MPH RD CD Chair Diabetes Leadership Team

To learn more about the 2010 Leadership Team, including membership, activities, meeting notes, go to the *Diabetes* Connection.

News

The YMCA Diabetes Prevention Program in Washington State

On June 22, 2010 health professionals from around the state participated in a webinar to learn about the YMCA-based Diabetes Prevention Program in Washington. The webinar which was hosted by the WA State Patient-Centered Medical Home Collaborative, featured speakers David F. Williamson, PhD, from the Rollins School of Public Health, Emory University, an expert in pre-diabetes, and Linna Dossett from YMCA of Greater Seattle, the lead for the YMCA Diabetes Prevention Program in Washington. They provided information on identifying and screening for prediabetes, billing codes for pre-diabetes and the YMCA's Diabetes Prevention Program model.

If you would like more information or to view the webinar go to the Diabetes Connection.















Healthy Vision Community Awards Program The HVCA program is currently accepting applications for

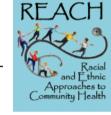
projects up to \$10,000 to provide seed money to nonprofit and community-based organizations to support grassroots eye

health education efforts. The National Eye Institute (NEI) encourages organizations and their partners to make a difference in eye health efforts for those they serve, and to apply for a 2011 award. Proposed projects must focus on eye health education, be innovative, have the potential for sustainability once funding ends. To learn more or apply go to: http://www.nei.nih.gov/nehep/resources/hvca/index.asp. Deadline for applications is August 30, 2010.

Recent Events—Coalition Activities

Seattle & King County REACH Coalition—Partnering to improve healthy food options in local Latino restaurant!

The REACH program has been working on improving healthy food options in a Latino restaurant. The owner of Galerias, a Mexican restaurant wants to educate his patrons about diabetes and do his part to help prevent the spread of diabetes and support healthier eating for those with the disease. Public Health (PH) and Sea Mar Community Health Centers REACH team have helped the owner revamp his menu by replacing certain ingredients and adding



healthier entrees. The PH evaluation team along with Sea Mar Community Health Centers developed a survey for the over 1,300 Galerias customers to learn more about their interest in healthy eating and identify any barriers they may face. The goal is to spread this work to other restaurants serving Latinos and to create more awareness about diabetes and how to prevent/manage it.

In addition, REACH is working to improve access to parks and open spaces by partnering with the Department of Natural Resources and the King County Physical Activity Coalition (KCPAC). This work is in its infancy so stay tuned for more later.

To learn more about the REACH Diabetes Coalition visit the Diabetes Coalition.

Wenatchee Area Network for Diabetes (WAND) - Community Education Nights Members of the Wenatchee Area Network for Diabetes have been busy providing education to the community

in the form of "Diabetes Education Nights." On June 17th, from 6:30-7:30 pm, WAND hosted a Community Education Night on the topic of foot care with guest speaker Sue Anoz, RN, In Home Foot Care Provider.

In July W.A.N.D. has partnered up with Columbia Heights to host a diabetes community education night, Tuesday, July 13th at Columbia Heights Retirement & Assisted Living Community. The topic of the night will be Fitness & Nutrition with guest speakers Carol Schrader & Kari Hall. The kitchen staff at Columbia Heights will be preparing a diabetes friendly dinner menu for \$5.00 per person and the proceeds will benefit future diabetes educational events hosted by W.A.N.D. For more information go to the Diabetes Connection.

To learn more about the W.A.N.D. Coalition go to the **Diabetes Connection**. Upcoming Events

Join walkers around Washington State this Fall for the American Diabetes Asso-

Step Out: Walk for Diabetes

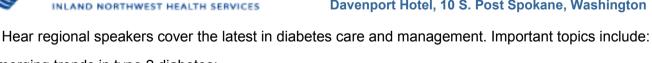
walkers from around the country joined in the fight against diabetes! Now it's your chance to become a part of Step Out: Walk to Fight Diabetes and start making your contribution to change the future of diabetes. Gather your friends, family and co-workers and form a team today or join an existing team in your area!



American Diabetes Association.

Organized walks are occurring in the following areas: Clark County, Richland, Seattle, Tacoma, and Spokane. To learn more contact Grace Finch at (206) 282-4616 x7206 or go to the Diabetes Connection.





Friday, November 12, 2010 from 7:45 am -4:00 pm **Davenport Hotel, 10 S. Post Spokane, Washington**

 Emerging trends in type 2 diabetes; Medications and patient management;

- Managing diabetes-related complications;
- Strategies for managing insulin resistance and pre-diabetes.
- To learn more or register go to CHER website or the Diabetes Connection.

Healthy Aging in Healthy Communities

Friday, September 24, 2010 from 8:30 am -4:00 pm Sea Tac Holiday Inn, 17338 International Blvd, Seattle, WA

Presented by the WA Alliance for Healthy Aging

The 2010 WAHA Healthy Aging Summit - Healthy Aging in Healthy Communities - will bring together teams of older adults, caregivers, and professionals from a wide variety of fields who share the same mission "to cre-

ate communities where all can age well." To learn more or register go to the **Diabetes Connection**.

lew Resources

Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes now comes in Spanish! The "Your Game Plan" Booklet from the National Diabetes Education Program (NDEP) helps

people assess their risk for developing diabetes and implement a program to prevent or delay the onset of the disease by making small changes in their diet and increasing their daily activity levels. You can also get this booklet in a packet, which includes an activity tracker and a fat and calorie counter. The English version has been in print since 2006 but the NDEP recently published a Spanish version. You can get free samples, order extra copies, or download the



copyright free files at the **NDEP** website. If you have questions, comments, or suggested content for this publication contact:

Laura Pennington, (360) 236-3963

ciation's annual STEP OUT Walk to Fight Diabetes! Last year more than 100,000 2010 Diabetes Professional Symposium